

1. Record Nr.	UNINA9910163889003321
Autore	Tse Holly
Titolo	Sole Guidance : Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit
Pubbl/distr/stampa	Carlsbad : , : Hay House, , 2016 ©2016
ISBN	9781401949280 1401949282
Descrizione fisica	1 online resource (197 pages)
Classificazione	HEA032000HEA014000OCC011010
Disciplina	615.82240951
Soggetti	Reflexology (Therapy) Holistic medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	COVER PAGE -- TITLE PAGE -- COPYRIGHT PAGE -- TABLE OF CONTENTS -- YOUR JOURNEY BEGINS -- CHAPTER 1: Three Catalysts for Health and Vitality -- CHAPTER 2: You Are Here -- THE FIRST CATALYST: SHIFTING THE MIND TO HEAL THE BODY -- CHAPTER 3: Why Healing Begins with Your Mind -- CHAPTER 4: Letting Go -- CHAPTER 5: Believing and Choosing Health -- THE SECOND CATALYST: HEALING WITH ENERGY -- CHAPTER 6: Healing with Energy -- CHAPTER 7: Guidelines for Practicing Chinese Reflexology -- CHAPTER 8: Clearing and Recharging: Kidney, Bladder, and Lymphatic Drainage Points -- CHAPTER 9: Harmonizing the Heart and Mind: Brain, Temporal Area, and Heart Points -- CHAPTER 10: Nourishing Your Body: Solar Plexus, Spleen, and Stomach Points -- CHAPTER 11: Restoring Balance: Liver, Adrenal Gland, and Pituitary Gland Points -- CHAPTER 12: Embracing Change: Large Intestine, Lung, and Gall Bladder Points -- CHAPTER 13: Moving Forward Fully Supported: Shoulder, Knee, Inner Hip, and Outer Hip Points -- CHAPTER 14: Expressing Your Brilliance: Throat, Ovary, Testicle, Uterus, and Prostate Points -- CHAPTER 15: Putting It All Together -- THE THIRD CATALYST: FOLLOWING YOUR HEART AND SOUL -- CHAPTER 16: How to Connect with Your Dragon Spirit -- CHAPTER 17: Finding and Following Your Soul's Calling -- CHAPTER 18: Your Joyful Journey --

Sommario/riassunto

"What if you could reverse disease--or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life? What if all the secrets to health and longevity were on the soles of your feet? The wisdom in this book has been passed down from master to student for thousands of years, but now you too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health. Holistic healer and reflexologist Holly Tse brings new light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the mind, healing with energy, and following your heart and soul. Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your "Dragon Spirit," discover what your body needs to heal and thrive, and revolutionize your life--simply by massaging your feet!"--
